

AUSTRALIAN ROWING CHAMPIONSHIPS 2012

Bulletin 1

5TH—11TH MARCH—CHAMPION LAKES—WA

This years event includes:

The 50th Anniversary of First National Rowing Championships

The 134th Anniversary of the Kings Cup Interstate Men's 8

The first Australian Rowing Championships at Champion Lakes



ORGANISING COMMITTEE

Chairman	Craig James
Event Coordinator	Bob Welch
Administration	Pierre Pougnault
Technology	David Haines
Volunteers	Catriona Walker
Finance	Glyn Heath
Regatta Operations	Lynne Bayliss
Course Management	John Murdoch
Marketing/Media	Debbie Mason
Medical	Dr Nick Bretland

THE VENUE: Champion Lakes Regatta Centre (CLRC)

Located within the City of Armadale, 23kms from Perth's CBD, the CLRC facility was completed in 2007 and is the most recent purpose built rowing course in Australia.

The design of the course incorporates a 700m warm-up/cool-down lake, a fully buoyed 2000 metre course and athlete and spectator facilities.

There are also purpose built event paths surrounding the course, for use by coaches and the media during the Event.

ENTRIES:

Cost: \$55 inc GST per seat for rowers and coxswains.

Entries open: 9/1/12.

Entries close: 15/2/12

ROMS <http://roms.rowingaustralia.com.au>

(see notes on page 2 regarding Entry requirement changes)

TRAINING TIMES

The venue will **open for training at 2pm, Saturday March 3.**

During the Regatta the course will be open for training from 6am until half an hour before the first race on each day of competition and from half an hour after the commencement of the last race of the day. The course closes at 7pm.

RULES

The Regatta will be conducted under the RA Rules of Racing (2008) which can be found at www.rowingaustralia.com.au.

CODE OF CONDUCT

The Code of Conduct which governs all regattas sanctioned by Rowing Australia will apply to all competitors, coaches and officials and can be found at www.rowingaustralia.com.au in the "Membership Protection Policy (part A.4)

SOUVENIR REGATTA PROGRAM

Souvenir programs will be available for purchase at the regatta at a cost of \$10. Please present the program at the Regatta Office to receive updated draws and daily results.

OFFICIAL MERCHANDISING

The Designer Paintworks Regatta Shop has been awarded the merchandising rights for the Championships. DP will be located in the retail precinct and will be selling official branded clothing. For further details see www.theregattashop.com.au

VOLUNTEERS

We are currently looking for people to assist us to run the Event. If you would like to be involved please contact Catriona Walker - volunteers@rowingwa.asn.au



For more information:

Email: executive@rowingwa.asn.au

Phone: 08 9364 3905

Website: <http://www.rowingwa.asn.au/regattas-and-racing/2012-australian-rowing-championships>



2012 AUSTRALIAN ROWING CHAMPIONSHIPS

EVENT LIST

Note: This preliminary list of events for the 2012 Australian National Championships is subject to change. A confirmed event list will be available prior to the opening date of entries (9th January 2012).

- Event 1 U23W1X Under 23 Women's Scull
- Event 2 OW1X Open Women's Single Scull
- Event 3 U23M1X Under 23 Men's Single Scull
- Event 4 OM1X Open Men's Single Scull
- Event 5 U23W2- Under 23 Women's Coxless Pair
- Event 6 OW2- Open Women's Coxless Pair
- Event 7 U23M2- Under 23 Men's Coxless Pair
- Event 8 OM2- Open Men's Coxless Pair
- Event 9 U23WL1X Under 23 Women's Lightweight Single Scull
- Event 10 OWL1X Open Women's Lightweight Single Scull
- Event 11 U23ML1X Under 23 Men's Lightweight Single Scull
- Event 12 OML1X Open Men's Lightweight Single Scull
- Event 13 U23ML2- Under 23 Men's Lightweight Coxless Pair
- Event 14 OML2- Open Men's Lightweight Coxless Pair
- Event 15 U17W1X Under 17 Women's Single Scull
- Event 16 U19W1X Under 19 Women's Single Scull
- Event 17 U17M1X Under 17 Men's Single Scull
- Event 18 U19M1X Under 19 Men's Single Scull
- Event 19 U19W2- Under 19 Women's Coxless Pair
- Event 20 U19M2- Under 19 Men's Coxless Pair
- Event 21 U19W8+ Under 19 Women's Eight
- Event 22 U19M8+ Under 19 Men's Eight
- Event 23 U23W2X Under 23 Women's Double Scull
- Event 24 OW2X Open Women's Double Scull
- Event 25 U23M2X Under 23 Men's Double Scull
- Event 26 OM2X Open Men's Double Scull
- Event 27 U23W4- Under 23 Women's Coxless Four
- Event 28 OW4- Open Women's Coxless Four
- Event 29 U23M4- Under 23 Men's Coxless Four
- Event 30 U23M4+ Under 23 Men's Coxed Four
- Event 31 OM4- Open Men's Coxless Four
- Event 32 OM4+ Open Men's Coxed Four
- Event 33 U23WL2X Under 23 Women's Lightweight Double Scull
- Event 34 OWL2X Open Women's Lightweight Double Scull
- Event 35 U23ML2X Under 23 Men's Lightweight Double Scull
- Event 36 OML2X Open Men's Lightweight Double Scull
- Event 37 U23ML4- Under 23 Men's Lightweight Coxless Four
- Event 38 OML4- Open Men's Lightweight Coxless Four
- Event 39 U17W4X+ Under 17 Women's Coxed Quad Scull
- Event 40 U19W4X Under 19 Women's Coxless Quad Scull
- Event 41 U17M4X+ Under 17 Men's Coxed Quad Scull
- Event 42 U19M4X Under 19 Men's Quad Scull
- Event 43 U19W4- Under 19 Women's Coxless Four
- Event 44 U19M4- Under 19 Men's Coxless Four
- Event 45 U19M4+ Under 19 Men's Coxed Four
- Event 46 U23W4X Under 23 Women's Quad Scull
- Event 47 OW4X Open Women's Quad Scull

EVENT LIST CONTINUED



KEY DATES

Entries open: 09/01/12 at 23:00hrs AEDT

Entries close: 15/02/12 at 23:00hrs AEDT

List of entries per Event: available on ROMS: 16/02/12

Withdrawal without penalty window: 15 -17/02/12

NO LATE ENTRIES will be accepted after this time for any reason

WITHDRAWAL WITHOUT PENALTY *(New)*

For the first time, to allow athletes to better plan their race schedules, and reduce last minute scratchings, following the official close of entries (15 Feb) and the publishing of the Race Schedule, athletes and coaches will be given a **2 day window** to **withdraw** their entry without financial or other penalty. **No 'new' entries can be made in this period.**

A preliminary race schedule will then be published as soon as possible after the 17 February.

A preliminary list of events is shown at left. Note that the race schedule will be available following the close of entries. An exact schedule of events will be advertised on the RA and RWA websites and on ROMS when available.

SCHOOLS *(New)*

Please Note—Heats for School races are scheduled to commence on **Thursday afternoon** March 8th

PROGRESSION

Entry in some events may be limited - either by limiting the maximum number of entries allowable in an event, the progression system used, or other measures as required. In heats, and some repechages 7 lanes will be used (apart from any National Selection requirement races). Finals will race over 6 lanes

RACES FOR LANES *(New)*

As there is minimal flexibility to move lanes in the case of unfair weather conditions, races with only 6 & 7 entries will have a 'race for lanes' in the program (Finishing order in that race will determine lane allocations for the final). This ensures that the fastest crews are allocated the middle lanes. Races with 5 or less entries, will be a 'straight final' as we are able to move lanes if required.

Competitors will be notified of any restrictions at the time entries open for the regatta. If changes are made, at least 1 hour prior to the start of any race.

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- Event 48 U23M4X Under 23 Men's Quad Scull
- Event 49 OM4X Open Men's Quad Scull
- Event 50 U17W2X Under 17 Women's Double Scull
- Event 51 U19W2X Under 19 Women's Double Scull
- Event 52 U17M2X Under 17 Men's Double Scull
- Event 53 U19M2X Under 19 Men's Double Scull
- Event 54 U23W8+ Under 23 Womens Eight
- Event 55 U23M8+ Under 23 Men's Eight
- Event 56 OW8+ Open Women's Eight
- Event 57 OML8+ Open Men's Lightweight Eight
- Event 58 U23WL4X Under 23 Women's Lightweight Quad Scull
- Event 59 OWL4X Open Women's Lightweight Quad Scull
- Event 60 OML4X Open Men's Lightweight Quad Scull
- Event 61 ASW1X Adaptive Women's Arms And Shoulders Single Scull
- Event 62 ASM1X Adaptive Men's Arms And Shoulders Single Scull
- Event 63 TAW1X Adaptive Women's Trunk And Arms Single Scull
- Event 64 TAM1X Adaptive Men's Trunk And Arms Single Scull
- Event 65 LTAW1X Adaptive Women's Legs, Trunk And Arms Single Scull
- Event 66 LTAM1X Adaptive Men's Legs Trunk And Arms Single Scull
- Event 67 LTAW2X Adaptive Women's Legs, Trunk And Arms Double Scull
- Event 68 LTAM2X Adaptive Men's Legs Trunk And Arms Double Scull
- Event 69 ASW1X Div 2 Adaptive Women's Arms And Shoulders Single Scull Division 2
- Event 70 ASM1X Div 2 Adaptive Men's Arms And Shoulders Single Scull Division 2
- Event 71 LTAW1X Div2 Adaptive Women's Legs, Trunk And Arms Single Scull Division 2
- Event 72 LTAM1X Div2 Adaptive Men's Legs, Trunk And Arms Single Scull Division 2
- Event 73 OCW2X Open Club Women's Double Scull
- Event 74 OCM2X Open Club Men's Double Scull
- Event 75 OCW4- Open Club Women's Four
- Event 76 OCM4- Open Club Men's Four
- Event 77 SG1X Schoolgirl Single Scull *
- Event 78 SB1X Schoolboy Single Scull *
- Event 79 SG4+ Schoolgirl Coxed Four
- Event 80 SB4+ Schoolboy Coxed Four
- Event 81 SG4X+ Schoolgirl Coxed Quad Scull
- Event 82 SB4X+ Schoolboy Coxed Quad Scull
- Event 83 SBU178+ Schoolboy Under 17 Eight
- Event 84 SG8+ Schoolgirl Eight
- Event 85 SB8+ Schoolboy Eight
- Event 86 ISW1X Interstate Women's Single Scull
- Event 87 ISM1X Interstate Men's Single Scull
- Event 88 ISWL4X Interstate Women's Lightweight Coxless Quad Scull
- Event 89 ISLM4- Interstate Men's Lightweight Coxless Four
- Event 90 ISWY8+ Interstate Women's Youth Eight
- Event 91 ISMY8+ Interstate Men's Youth Eight
- Event 92 ISW8+ Interstate Women's Eight
- Event 93 ISM8+ Interstate Men's Eight

* See notes page 2



Training Nutrition

Rowing requires a unique mix of technique, power and endurance, utilising both the anaerobic and aerobic energy systems. Rowers have very high energy and carbohydrate requirements to support training loads and meet body weight and strength goals.

Some rowers (particularly male heavyweights) struggle with the sheer volume of food they need to consume to meet their training demands. Frequent snacks and the use of compact, energy dense food or drinks such as juice, flavoured milk, jam, honey, sports bars and liquid meals are necessary to keep the volume of food manageable.

Nutrition recovery strategies between sessions are extremely important and the rower must have a planned approach to their training nutrition.

Carbohydrate: How much?

Carbohydrate is a critical fuel source for the muscle and central nervous system. Carbohydrate intake before, during and after exercise can be required to meet the fuel requirements of the activity.

A rower can calculate a carbohydrate target in grams, and use food tables or information on food labels to plan to meet this goal. Even better, a rower can see a Sports Dietitian for advice to further narrow this target range according to his/her specific situation, and have an individualised meal plan fitted to their needs.

A chart that provides information about the carbohydrate content of common foods can be viewed on (<http://www.ausport.gov.au/ais/nutrition>) You can use this information to plan a daily menu, or specific pre-competition meals and post exercise snacks and meals.

Protein

Rowers in heavy training require extra protein to cover a small proportion of their energy costs of their training and to assist in the repair and recovery process after exercise. Adolescent rower's who are still growing, have additional protein requirements.

Are high protein low carbohydrate diets appropriate for Rowers?

In the short term high protein, low carbohydrate diets result in loss of water and glycogen. This might result in a decrease on the scales, but does nothing to reduce body fat. In the long term high protein, low carbohydrate diets may result in fat loss. The effect is primarily due to the fact that these diets are low in kilojoules rather than any magical effect from the protein itself. The lack of carbohydrate reduces energy levels, impairs performance and causes lethargy and nausea. High protein, low carbohydrate diets restrict the intake of many nutrients in the diet. These diets will result in muscle mass decrease. High protein, low carbohydrate diets are not suitable for athletes.

Weight Loss

In lightweight rowing the need to maintain low levels of body fat is important. Rowers needing to reduce skinfolds must target excess kilojoules in their diet. In particular, excess fat, alcohol and sugary foods should be targeted and replaced with more nutrient dense choices (see the AIS Sports Nutrition Fact Sheet: "Weight Loss" <http://www.ausport.gov.au/ais/nutrition> for more detailed information)

Pre Exercise Nutrition

Depletion of carbohydrate stores is a major cause of fatigue during exercise.

Eating Before Early Morning Sessions

After an overnight fast (sleeping) liver glycogen (energy) stores are substantially depleted. Therefore, pre training carbohydrate intake is important for maintaining blood glucose levels towards the end of prolonged training sessions.

Example, some fruit and a cereal bar on the way to training along with some fluid such as a sports drink would be a good choice. If tolerating solid food before training is difficult a liquid meal alternative such as Protein Plus drink or a smoothie or even a glass of juice can be useful in providing essential carbohydrate.

Making up for the smaller carbohydrate intake before exercise by consuming carbohydrate during the training session (eg: sports drink) is an important strategy. The rower should experiment to find a routine that works and is comfortable for them.

Other Exercise Sessions

Food eaten before training should contain carbohydrate. It should also be low in fat and fibre to aid in digestion and reduce the risk of gastrointestinal discomfort or upsets. Fluid needs should also be considered.

Further detailed information on pre exercise eating can be accessed on <http://www.ausport.gov.au/ais/nutrition> in the AIS "Eating Before Exercise" fact sheet.

Recovery Nutrition Strategies

Recovery is a challenge for rowers who are undertaking two or more sessions each day, training for long periods, or competing in a program that involves multiple races. Between each workout the body has to adapt to the physiological stress. In training, with correct planning of the workload and the recovery time, adaptation allows the body to become fitter, stronger and faster. In competition however, there may be less control over the work to recovery ratio.

Nutrition recovery strategies encompass a complex range of processes that include:

- restoring the muscles and liver with expended fuel (glycogen)
- replacing the fluid and electrolytes lost in sweating allowing the immune system to handle the damage and challenges caused by the exercise bout.
- Manufacturing new muscle protein, red blood cells and other cellular components as part of repair and adaptation processes

The importance of each of these goals varies according to the workout. A pro-active recovery means providing the body with all the nutrients it needs, in a speedy and practical manner, to optimise the desired processes following each session.

Refuelling:

To kick start the refuelling process an intake of at least 1g/kg of carbohydrate (50-100g) for most athletes is needed. Athletes should consume this carbohydrate -in their next meal or snack- as soon as possible after a heavy session to prepare for the next.

Rehydration:

Most athletes finish a training or competition session with some level of fluid deficit. Comparing pre and post exercise measurements of body weight can provide an approximation of the overall fluid deficit. Athletes may need to replace 150% of the fluid deficit to get back to baseline.

More information for athletes and coaches in the next Bulletin